



America's #1 Swim Camps Coming to Kingsport, TN

SAVE: Sign up before prices increase!

**FIVE DAY
Elite Technique
Academy**

**JUNE
10-14**



Led by
National Champion
Austin Surhoff

Day 1: Butterfly & Underwater Dolphin
Day 2: Backstroke & Backstroke Starts
Day 3: Breaststroke and Starting Position
Day 4: Freestyle and Starts
Day 5: Turns and Finishes

Location:

DOBYNS-BENNETT HIGH SCHOOL
1 Tribe Way
Kingsport, TN 37664

2019 Elite Technique Academy (Kingsport, TN)

Each of the first four days of the Academy will focus in detail on each of the strokes plus STARTS. The week will culminate on Day 5 with a focus on race preparation including crisp turns, underwater dolphin kicking and applying what was learned during the week at race pace.

Leading each session of the Academy is Elite Clinician and National Champion Austin Surhoff. He will be in the water demonstrating and making corrections to the participants. We will also use video to exemplify elite mechanics and race strategy. Participants will complete the camp as stronger, more confident swimmers.

Sign up today!

**Scan For Details
and to Register**

